

RECOMMENDED READING

AFTER SUICIDE

John Hewitt
Westminster Press, Philadelphia, PA - 1980

GRIEF AFTER SUICIDE

Mental Health Association
414 W. Moreland Blvd., Room 101
Waukesha, WI 53186

LEFT ALIVE: After a Suicide Death in the Family.

Linda Rosenfeld and Marilynne Prupas.
Charles C. Thomas Publishers

LOVE, MARK

A series of letters on grief for children and those who used to be.
Hope For Bereaved Support Group Services
1342 Lancaster Ave.
Syracuse, NY 13210

MY SON, MY SON A Guide To Healing After Death, Loss or Suicide.
Iris Bolton, Link Counseling Center
218 Hilderbrand Ave.
Atlanta, GA 30328

SUICIDE: YOUR CHILD HAS DIED

Adina Wroblewski
5124 Grove St.
Minneapolis, MN 55436

SURVIVORS: After a Suicide, What Can We Do?

Bill Steele and Mary Leonhardi
Ann Arbor Publishers
P.O. Box 7249
Naples, FL 33941

A Word From the Sheriff-Coroner

I hope this pamphlet will be of some help to you. I again extend my sincere sympathy to you during this most difficult time. I assure you that your loved one will be treated with the utmost respect and dignity while at the Sheriff Coroner's Facility. The essence of a Sheriff Coroner's Inquiry is to search for the truth. The impartial medicolegal investigation helps to support and protect the public.

Please be assured that my office is at your service. If I can be of further assistance to you, please call:
(909) 387-2978.

GARY PENROD
Sheriff-Coroner
County of San Bernardino

When Someone Has Died...by **SUICIDE**

- What to expect
- Understanding the grief process
- What you can do
- Who you can call

*A message of condolence, understanding
and hope for those who are left behind.*



Prepared By
GARY PENROD
Sheriff-Coroner

175 South Lena Road
San Bernardino, CA 92415-0037

(909) 387-2978

A SPECIAL MESSAGE

We extend our deepest sympathy to you in the death of your loved one. Suicide in one of the most traumatic deaths with which to deal. This material was prepared to help you in the difficult times ahead.

WHAT TO EXPECT

You may experience some of the following **NORMAL REACTIONS** to the suicide:

Lack of Concentration • Forgetfulness, Disorganization • Preoccupation with the deceased • A never-ending need to know **WHY** • Fear of losing control, of going crazy • Fear of being stigmatized or scorned • Thoughts of one's own suicide • Feelings of guilt, shame, anger, hopelessness, loneliness, emptiness, confusion, isolation, irritability, helplessness, and depression.

UNDERSTANDING THE GRIEF PROCESS

It may help to know that there is no **RIGHT** or **WRONG** way to grieve, and no set amount of time for grief to end. Allow yourself whatever time it takes. Continue to express your feelings until you can let them go. Here are some of the stages in the grief process:

- **SHOCK** . . . You feel numb
- **DENIAL** . . . This can't be true!
- **GUILT** . . . If only I had...
- **ANGER** . . . At the deceased, at yourself, at the world
- **DEPRESSION** . . . This stage can come and go for a long time
- **RESIGNATION** . . . You finally believe it
- **ACCEPTANCE and HOPE** . . . You may never be the same, but you can survive and go on to find meaning and purpose

WHAT YOU CAN DO

- Take care of yourself. Get enough rest...eat properly and exercise. Avoid abusing drugs and alcohol. Set limits for yourself; accept help from others.
- Be aware that other family members and friends are also in pain, even though they may express their grief differently than you. Be supportive and tolerant of one another. Talk about your feelings. Talk to your children, and take time to listen when they talk to you.
- Remember — the choice was not yours. No single person has sole influence on another's life.
- Let yourself cry.
- Allow yourself to have a happy moment now and then.
- Read what others have written about surviving a suicide.
- Join a support group in your area for survivors of suicide.
- Know that others have survived, and though you may not believe it now, you can survive too.

WHOM YOU CAN CONTACT

If you need to talk to someone **RIGHT NOW**, call any of the following **CRISIS HOTLINES** **Department of Mental Health** (24 hours)
(909) 387-7171

Suicide & Crisis Intervention Service (24 hours)
(909) 886-4889

Teen Line (6p.m.-10p.m.)
1-800-TLC-TEEN 1-800-852-8336

For Information on **SELF-HELP** and **SUPPORT GROUPS** in your area, contact:

The Compassionate Friends-An International Support Group:

National Office: 1-(630) 990-0010
Redlands: (909) 792-6358
Riverside: (909) 683-4160
E-mail: rosesindember2@aol.com

Survivors of Suicide (909) 792-4862

Family Services Agency 8:30a.m.- 9:00p.m.
Monday-Thursday (909) 886-6737

San Antonio Community Hospital: Hope After Suicide (909) 393-2563

Chrystal Cathedral Survivors of Suicide Group

12141 Lewis Avenue
Garden Grove, CA 92644 (909) 971-4032

Loma Linda University Medical Center Grief Recovery Group

11234 Anderson Street
Loma Linda, CA (909) 558-4367
Spanish Speaking Resources: El grupo de ayuda para los adultos que experimentan la pérdida de un ser querido. Se ofrecen cuatro secciones por año que comienzan en Enero, Abril, Julio, y Octubre.

Check Your Phone Directory for Other Community Resources Listed Under the Following Heading:

Community Services Emergency
& Crisis Intervention Human
Services Mental Health Service
Physicians-Psychiatry
Psychologists Social Services
Organizations

You may also wish to talk to your:

Clergyman
Family Physician
School Counselor

Access to the above numbers for the Hearing Impaired: California Relay Services (24 hours)

Voice 1-800-735-2922
TDD 1-800-735-2929